



**Diocese of Sacramento**

# **Healing and Hope**

## **Annual Parish Staff Retreat**

Inspired by the USCCB's mental health campaign, this day helps parish staff and ministry leaders step away from daily demands for spiritual renewal and practical learning. We'll reflect, share, and build skills to support those facing mental health challenges—so our parishes are places of care for all. Retreat sessions will be offered in BOTH English and Spanish.

**When: Friday, Feb 6, 2026**  
**9am - 4pm**

**Where: Divine Savior Parish**  
**9079 Greenback Ln, Orangevale, CA 95662**

**Cost: \$40 per person**

Registration and more information at  
<https://www.scd.org/event/annualstaffretreat>

**SCAN ME**







# Diócesis de Sacramento

# Sanación y Esperanza

## Retiro anual para personal parroquial

Inspirado en la campaña de salud mental de la Conferencia de Obispos Católicos de los Estados Unidos (USCCB), este día ayudara al personal parroquial y a los líderes de ministerios a desconectarse de las exigencias diarias para renovarse espiritualmente y aprender técnicas prácticas.

Reflexionaremos, compartiremos y desarrollaremos habilidades para apoyar a quienes enfrentan desafíos de salud mental, para que así nuestras parroquias sean lugares de cuidado para todos. Las sesiones del retiro se ofrecerán tanto en inglés como en español.

**Cuándo: Viernes, 6 de febrero de 2026, de 9am a 4pm**

**Dónde: Divine Savior Parish**

**9079 Greenback Ln, Orangevale, CA 95662**

**Costo: \$40 por persona**

Inscripciones y más información en

<https://www.scd.org/event/annualstaffretreat>

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Diocese of Sacramento

# Healing and Hope

## Annual Parish Council Retreat

Inspired by the USCCB's mental health campaign, this evening helps parish pastoral councils step away from daily demands for spiritual renewal and practical learning. We'll reflect, share, and build skills to support those facing mental health challenges—so our parishes are places of care for all.

**When: Thursday, February 5, 2026**  
**5:30 - 8:30pm**

**Where: Your Parish**

Once registered you will receive a link to share with your council.

SCAN HERE



Register your parish using  
this QR Code or  
<https://bit.ly/3LEWsUr>  
[www.scd.org](http://www.scd.org)